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No. 451

September 20, 1940

(Digest of Market Basket for September 25, 1940)

CABBAGE AND KRAUT

Sauerkraut making is almost as old as civilization. Yet it seems that it is never too late to learn a better method. The new idea is to make the sauerkraut in glass jars that hold just enough for a single meal.

If you have a cool storage place and are planning to use the kraut during the winter, you do not need to bother with crocks or barrels at all.

And _____, _____, _____, suggests a simple method for making sauerkraut right in glass jars.
(Name) (Institution) (Place)

Mix the shredded cabbage with the salt -- 4 ounces to 10 pounds of cabbage -- and pack it in the jars. Place the rubbers and lids on the jars, but do not seal tightly. Have an enamel pan under the jars to catch the juice as it bubbles out. Let the kraut stand for 2 or 3 days until there is a good gas formation. Then pour the juice back and seal the jars. Allow the kraut to ripen for a month or 6 weeks, and then it is ready to serve.

When sauerkraut is to be kept until summer, it is best to make it in a crock or barrel and can it in glass jars after it has fermented for about 10 days. Have the sauerkraut thoroughly hot and then fork it into the jars. Put the rubbers and lids on the jars, but do not seal. Place the jars in a bath of boiling water and continue heating for about 5 minutes until the water returns to boiling. Then seal the jars and continue heating them in the water bath -- 10 minutes for quart jars, and 15 minutes for 2-quart jars.

These methods have been worked out by Harry E. Gorseline, bacteriologist in the Bureau of Agricultural Chemistry and Engineering, United States Department of Agriculture.

THE UNIVERSITY OF CHICAGO

PHYSICS DEPARTMENT

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